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Passengers put airliners on notice

RIGHTS A Halifax singer-songwriter is speaking on Capitol Hill in Washington, D.C., today to tell a hearing on airline passenger rights how a U.S. airline scrunched his expensive guitar and wouldn't compensate him, CBC News Online reports.

Dave Carroll will be sharing his United Airlines experience at a hearing looking into problems with how U.S. airlines treat the flying public.

"This is the chance for many victims to speak," said Kate Hanni, executive director of FlyersRights.org, which is supporting legislative proposals that would allow someone to deplane after three hours of extended tarmac delay.

Hanni founded her group after being stuck waiting in a plane for almost 10 hours.

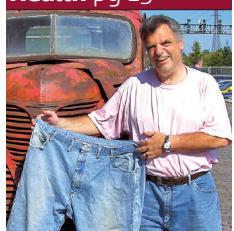
METRO NEWS SERVICES

News on the Move

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SCANLIFE

Health pg 13



Surgery only the beginning

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London On the Fashion Week catwalk



A model walks the runway at House of Holland Fashion Show during London Fashion Week Spring/Summer 2010 yesterday in London, England.

After a long wait, green bin program rolls out

TRACEY TONG tracey.tong@metronews.ca

program yesterday.

"We're a very cautious city," said Coun. Peter Hume.

Still, Hume — who introduced the idea to the city more than a decade ago — believes "the citizens of Ottawa will embrace the program," which involves col-

lecting residential organic waste and turning it into compost.

Starting in River Ward yesterday and over the next 12 weeks, the city will deliver 240,000 green bins and smaller kitchen containers to most homes. Collection begins in the new year.

According to Hume, about 45 per cent of the waste that currently ends up in the garbage is compostable. The program will cost the city \$17 million — which breaks down to \$68 per household per year, or \$1.30 per pickup — but it will save taxpayers money in the long run, said Hume. The program will allow the city to extend the life of its Trail Road landfill from about 12 to 40 years.

The program also produces valuable compost and reduces greenhouse gases, said Rod Muir of Sierra Club of Canada.



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Local



Find a Dream of a Lifetime online

For the first time, hospital supporters can buy tickets for the CHEO Foundation's Dream of a Lifetime Lottery online at dreamofalifetime.ca. There are 60,500 tickets available for 4,482 prizes, including a \$1.6-million grand prize package which includes a house, car and a maid service. Proceeds go towards equipment, staff training and research at the Children's Hospital of Eastern Ontario.

METRO OTTAWA



News in brief

COLLISION A 26-year-old male pedestrian suffered serious head and spinal injuries after he was struck by a cube van on Bronson Avenue just north of the Queensway yesterday morning. The collision happened just before 9:40 a.m. Although conscious when paramedics arrived, the man lost consciousness while being treated at the scene. He was taken to hospital, where he is in serious condition. Police are investigating.

TRACY TONG/METRO OTTAWA



What's online today.

Your Money Allan Small weighs the pros and cons of when to sell off market investments at metronews.ca/investing



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Museums still open despite strike

TIM WIECLAWSKI
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workers also. We have to show solidarity," he said.

However, a tour group from France eventually passed into the museum. "It would be the same if you went to Paris and they had a strike at the Louvre," said Robert Butler, a tour guide with Lady Dive Tours. "They may never come back again, especially if it's a negative experience."

Employees on the picket line are asking people not to visit the museum until the strike is over.

Vincent Garcia, a tourist from Barcelona, Spain, decided not to visit. "We are

Patrice Remillard, a



Danielle Amyot pickets in front of the Canadian War Museum. Yesterday morning, 420 employees at the War Museum and the Canadian Museum of Civilization went on strike.

member of the union negotiating team, said they are waiting for the GMCC to return to the table. He said the CMCC is offering a seven per cent pay increase over the next four years,

which is unacceptable when workers at other museums are already making much more.

Coupled with a 2.5 per cent raise on the anniversary of their employment

Miller inspecting sewage fixes

RIVER After meeting with city staff yesterday, Ontario Environmental Commissioner Gord Miller is holding a press conference this afternoon to talk about the city's efforts to reduce sewage spills into the Ottawa River.

Miller called his meetings with the city valuable in helping to understand the steps the city has taken to address the problem.

TIM WIECLAWSKI/METRO OTTAWA

"Things happen from time to time in sewage matters," he said. "... We judge them with respect to the response. That's what matters, that things are corrected."

Last November, the province fined the city \$562,000 for a massive August 2006 spill caused by a jammed regulator gate near Keefer Street.

Survival strategies for women

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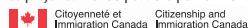
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Canada

News in brief

DEATH A former Saskatchewan man who travelled to Honduras to adopt a baby boy he met while volunteering with a charity that fights AIDS in children has been killed by two masked gunmen in the Central American country. Dallas Martens was trying to protect his wife, Krisy, from a robbery attempt when he was shot over the weekend, according to a statement on the website of the Jayne Morgan Project.

VISA MEASURES The European Union's top justice official says he will push for retaliatory measures against Canada if it does not move to lift visa restrictions on Czech citizens by the end of the year. The EU's Justice and Home Affairs Commissioner Jacques Barrot says if nothing moves by the end of the year, he would recommend to EU countries to impose "some form of retaliatory measure."

THE CANADIAN PRESS

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Ottawa Shackled



Alleged terrorist associate Mohamed Harkat shows his GPS tracking bracelet in Ottawa yesterday. Harkat must continue to wear the bracelet despite approval of lighter bail conditions.

Ignatieff chides Tories over promos

Liberal Leader Michael Ignatieff says it's wrong that the Conservative government is spending much more taxpayer's money on promoting its own economic action plan than on its plans to fight the H1N1 flu. Ignatieff's comments come in response to reports that the federal government is spending five times as many taxpayer dollars on the economic plan as it is on raising public awareness about the flu pandemic.

THE CANADIAN PRESS

Stem cell code set for public

Call to action headed by Canadian

A made-in-Canada charter outlining the ethical principles of international stem cell research is being presented today at the World Stem Cell Summit in Baltimore.

The Stem Cell Charter is a collective call to action in support of stem cell research and a web-based, interactive document detailing how that science should be advanced, says lead author Bartha Knoppers, a bioethicist at McGill University in Montreal.

The charter, available in both English and French at stemcellcharter.org, lays out a code of conduct for stem cell researchers aimed at promoting sci-

ence that is carried out in a responsible, ethical way while protecting people from harm and safeguarding the public trust.

"There have been a lot of spurious claims in this area, people doing the first of this or the first of that, and it not being true," said Knoppers.

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Tories pull promo shots

The website promoting the Conservatives' economic action plan removed more than 30 photos of Prime Minister Stephen Harper. **THE CANADIAN PRESS**

canada

5

Canadian conduct unsporting: Official

USA Luge director says VANOC scrimps on track time

VANCOUVER
2010 Games

KRISTEN THOMPSON
Metro Canada

The desire to win at next year's Winter Olympics has outstripped Canada's sense of sportsmanship, according to the executive director of USA Luge.

Ron Rossi says a 30-year-old agreement between the American and Canadians—in which both nations allowed each other's teams unprecedented access to their luge tracks—has fallen apart.

Canadian lugers were allowed as many as 500 extra training runs in Salt Lake City, but Americans have only been offered 18 training runs on 2010 tracks, Rossi said.

"The Canadians have given out the proper amount of training that's pre-

No gold rush

- Canada has failed to win a gold medal at both Olympics on home soil—Montreal in 1976 and Calgary in 1988.

"I guess I take it a little personally ... (Canada's) desire of winning has outstripped the honour of sportsmanship."

Ron Rossi,
executive director,
USA Luge

Salt Lake City.

He said it's "a little surprising" the Richmond Oval has only given foreign skaters two weeks to train.

"If that's the way it's got to be to gain a competitive advantage, that doesn't really seem all that great," Norman said.

VANOC CEO John Furong said the organizing committee is playing by the rules and is simply ensuring our Canadian athletes benefit from the home field advantage in Vancouver.

scribed in the rule book," he said. "But we've had a relationship, and it's been rendered of no value. I guess I take it a little personally."

"The desire of winning has outstripped the honour of sportsmanship," Rossi added.

American long-track speed skaters are also complaining of similar parsimony.

In the year leading up to the 2002 Winter Games, foreign skaters were given unlimited training access at the Utah Olympic Oval, said Marc Norman, facility operator at the venue in

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A U.S. military judge agreed yesterday to another delay in the war crimes trial of five Guantanamo prisoners charged in the Sept. 11 attacks, granting a U.S. government request for a 60-day continuance. **THE ASSOCIATED PRESS**

World



John A. Gotti back on trial

The fourth racketeering trial of John A. (Junior) Gotti began yesterday with the U.S. government portraying the Mafia heir as a maniacal killer and chronic criminal who has dodged prison by intimidating witnesses and obstructing justice. Three earlier racketeering trials of Gotti ended with deadlocked juries. For each trial, prosecutors reshaped the case with a common thread that Gotti followed his father, the late John Gotti, as the street boss of the Gambinos, one of New York City's five organized crime families. **THE ASSOCIATED PRESS**

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Zelaya defiantly returns home

Deposed President Manuel Zelaya made a dramatic return to Honduras' capital yesterday, taking shelter from arrest at Brazil's embassy and calling for negotiations with the leaders who forced him from the country at gunpoint.

The interim government ordered a 15-hour curfew, but thousands of Zelaya supporters ignored the decree shutdown and re-

mained outside the embassy, dancing and cheering. Others in the capital rushed home, lining up at bus stands and frantically looking for taxis.

The leftist leader's homecoming creates a sharp new challenge for the interim government that has threatened repeatedly to throw him in jail if he returns.

Chants of "Yes we could! Yes we could!" bellowed from the crowd outside the Brazilian Embassy.

Zelaya told The Associated Press that he was trying to establish contact with the interim government to start negotiations on a solution to the standoff that started when soldiers flew him out of the country June 28. **THE ASSOCIATED PRESS**

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Bahamas Travolta extortion trial



Former Bahamas senator Pleasant Bridgewater, centre, arrives at court yesterday. A jury was selected for a trial that could see John Travolta take the stand against Bridgewater, accused of trying to extort \$25 million US from the movie star following his son's death in the country. **THE ASSOCIATED PRESS**

News in brief

SUDAN Gunmen attacked a village in southern Sudan and killed some 80 people and wounded 46, said a southern government official yesterday, adding that he believed the militia was organized by the central government. Maj. Gen. Kuol Diem Kuol said Lou Nuer tribesmen attacked the village in Jonglei state on Sunday. The UN has warned about a rising wave of tribal violence in South Sudan that in the past months has killed more than 2,000 people. **THE ASSOCIATED PRESS**

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Town refuses peace gathering, allows gun rally

About 40 protesters, including some carrying guns, showed up at the Raymond, New Hampshire, town common Sunday after the town refused to allow a "yoga for peace" gathering in honour of the International Day of Peace. **THE ASSOCIATED PRESS**

Italian cardinal says civility on the decline

A top Italian cardinal complained yesterday that civility was on the decline in Italy after a prominent Catholic editor was forced to resign after a newspaper loyal to Prime Minister Silvio Berlusconi exposed a scandal in his past.

Cardinal Angelo Bagnasco, the head of Italy's influential bishops' conference, denounced what he called a "grave" attack against the Dino Boffo, editor of the Italian bishops' daily newspaper Avvenire, by the Berlusconi family newspaper Il Giornale.

Earlier this month, Il

Giornale reported that Boffo had been fined in a plea-bargain several years ago for making harassing calls to the wife of a man in whom he was purportedly interested.

Il Giornale published the article after Avvenire had demanded Berlusconi answer questions about his own sex scandal, including revelations that women had been paid to attend parties at his residences and that a high-class prostitute had once spent the night with him.

Berlusconi has denied paying anyone for sex and has denounced what he

has called a media-driven smear campaign against him.

Boffo acknowledged being fined in the harassment case but said someone else had used his cellphone to make the calls. Prosecutors maintain Boffo made the calls, but have denied there was any gay angle to the case.

Boffo has insisted that the full court file remain sealed.

The tit-for-tat newspaper attacks strained ties between Berlusconi's conservative government and the Catholic church.

THE ASSOCIATED PRESS

Wanted man detained in Haiti

MURDERS A Haitian man detained in the Florida slaying of his wife and their five children said yesterday that he returned to his native Caribbean nation "to say goodbye to my family."

Mesac Damas, who was captured yesterday morning in Port-Au-Prince, said in an interview at the police station where he was being held that he had planned to surrender. "I was going to turn myself in. You see I've got my suit on and everything," Damas said. Damas, 33, boarded a flight from Miami on Friday, one day before the bodies of his wife and their children, ages nine years to 11 months, were found slain inside their apartment in Naples, Florida, according to police.

THE ASSOCIATED PRESS

Summer Hot now, hotter later?



STEVEN SENNE/ASSOCIATED PRESS

A woman dangles her feet over the Charles River in Cambridge, Mass., on the last day of summer yesterday. A study finds that there is a 90 per cent likelihood that by 2080-2100, growing season temperatures will exceed even the most extreme temperatures in the last century for most of the tropics and subtropics, exposing the area's population to food insecurity.

U.S. may be focusing on Pakistan, not Afghanistan

MILITARY The White House is considering expanding counterterrorism operations in Pakistan to refocus on eliminating al-Qaida instead of mounting a major military escalation in Afghanistan.

Two senior administration officials said yesterday that the renewed fight against the terrorist organization could lead to more missile attacks on Pakistan terrorist havens by unmanned U.S. spy planes.

The officials spoke on condition of anonymity because no decisions have been made.

Top aides to U.S. President Barack Obama said he still has questions and wants more time to decide. The officials said the administration would push ahead with the ground mission in Afghanistan in the

near future to leave the door open for sending more U.S. troops.

But Obama's top advisers, including Vice-President Joe Biden, have indicated they are reluctant to send many more troops, if any at all, in the immediate future.

In weekend interviews, Obama emphasized that disrupting al-Qaida is his "core goal" and worried aloud about "mission creep" that would move away from that direction.

"If it starts drifting away from that goal, then we may have a problem," he said.

Most U.S. military officials have preferred a classic counterinsurgency mission to keep al-Qaida out of Afghanistan by defeating the Taliban.

THE ASSOCIATED PRESS

Shift?

The proposed shift would bolster U.S. action on Obama's long-stated goal of dismantling terrorist havens, but it also could complicate American relations with Pakistan, long wary of the growing use of aerial drones to target militants along the porous border with Afghanistan.

The officials spoke on condition of anonymity because no decisions have been made.

Top aides to U.S. President Barack Obama said he still has questions and wants more time to decide. The officials said the administration would push ahead with the ground mission in Afghanistan in the

News in brief

BHUTAN A 6.3-magnitude earthquake shook the remote Himalayan nation of Bhutan yesterday, killing at least 11 people, damaging an ancient monastery and forcing hundreds to flee, officials said. At least 15 people were hurt.

SOMALIA An Islamic insurgent group that controls much of Somalia has released a video showing its members vowing allegiance to Osama bin Laden. The tape was released by al-Shabab, an insurgent group that last week hit the African Union peacekeeping base with suicide car bombs, killing 21 people.

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Comment & Views

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Comment

Prime minister's socialist hookup

National Report

Lawrence Martin



Everything was going the Conservatives' way. They were building a good lead in the polls. The recovering economy was working in Stephen Harper's favour. Michael Ig-

natief had nothing in his department store window. His pushing for an unwanted election appeared to be backfiring.

But then, the big retreat. Harper looked at the flavourful prospects, turned and walked away. He caved to NDP demands on employment insurance to avoid going to the polls.

It's not in the prime minister's stern character to back off like that. The prime motivation, it appears, is he decided a majority was not in the offing. To

survive he pretty much needs that majority and he wasn't about to take the risk of not getting it.

Harper didn't suffer for his decision. He could have been whacked for chicken-ing out. He could have been mocked for relying on a coalition of sorts to avoid defeat in Parliament — this, having decried the whole idea of anyone aligning with socialists and separatists. But there's a lot of conservative media in this land. They gave him a pass. Instead, it was the NDP

that — weirdly — took the brunt of the criticism. The New Democrats had been pushing for a more generous EI system. They got the government to come their way. Canadians didn't want an election now. The NDP's acceptance of the PM's reforms avoided one. Good on both counts. But instead of receiving plaudits, the Dippers lost the spin game. Even though their polling is close to traditional levels, they were viewed as being desperate to avoid an election.

It's true the New Democrats had long mocked the Liberals for propping up the government and here was Jack Layton doing that very thing. But, unlike the Liberals, this was only one time. And EI reform was not a bad reason. The party had the image of being knee-jerk — of opposing everything the Conservatives did just for the sake of opposing them. This time they looked to be acting rather responsibly.

As for the Harper Conservatives, they have demonstrated a willingness to

compromise and have likely assured themselves another six months in power. They could still be defeated on a confidence vote this fall, but it's less likely.

Harper is gambling that his support will increase in the months to come. He decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

1Mtweets a revolutionary movement



Dr. Becky Reuber

We all recognize Canadian inventiveness in cool products like the BlackBerry and Lululemon gear. But yesterday was a watershed day in Canadian innovation with the launch of A Million Tweets to Remember, a movement that is revolutionizing the way social causes connect with online communities.

A Million Tweets to Remember — or 1Mtweets in the online world — seeks to digitally memorialize one million people who have lived with Alzheimer's disease. Built on Twitter, the 1Mtweets website allows family and friends to tweet about the Alzheimer's suf-

ferer they are memorializing and to make a donation to research on the aging brain.

Tweeters can also create a multimedia web page — yes, called a twibute — for their loved one to expand the thoughts in their tweet through stories and pictures. One in three of us knows someone with Alzheimer's and through a twibute we can give our children a portrait of who they once were.

What's groundbreaking about A Million Tweets to Remember is that it unleashes the power of social networks for a philanthropic cause. Many of us have joined online communities through platforms like Facebook or classmates.com, and even more of us have contributed to charities. The

1Mtweets movement shows how these two aspects of our lives can be brought together.

Not surprisingly, then, Jordan Banks, the founder of A Million Tweets to Remember, is a star in both fields. He's the former managing director and second employee of eBay Canada, and now an angel investor in the Canadian high-tech scene, but he's also committed a significant amount of time to raising money and awareness for Alzheimer's research and care.

"I've seen four of my grandparents battle Alzheimer's and, in their honour, I want to do something monumental," says Banks. "The sense of community on Twitter is incredible, making it a great resource to raise aware-

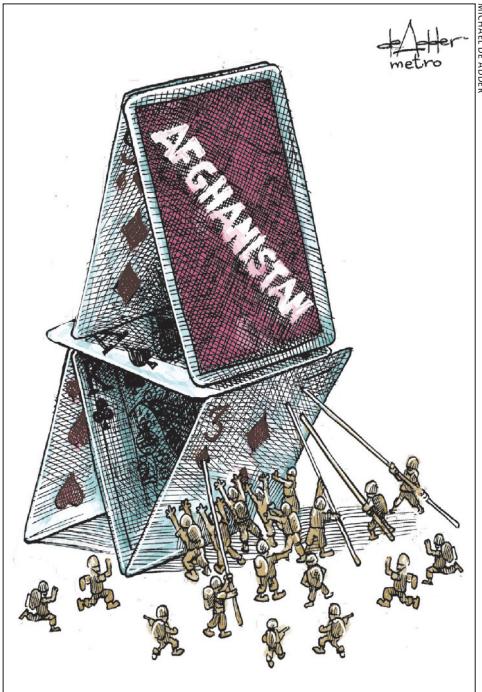
ness for Alzheimer's and memorialize those who have lived with this devastating disease."

A Million Tweets to Remember will be the largest movement to date on Twitter and will hopefully raise a lot of money for research on Alzheimer's. Most importantly, it will be the largest archive ever created of people with dementia.

Just last week, U.S.-based marketing guru Seth Godin commented on the power of online social communities and asked, "But where are the charities?"

Look north, Seth, look north to Canada. And check out 1Mtweets.com.

Dr. Becky Reuber is professor of strategic management at the Joseph L. Rotman School of Management, University of Toronto.



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U.S. bill aims to help recession-hit

A bill proposed in the U.S. would extend unemployment benefits for people in states with high unemployment rates whose benefits will run out by the end of September. **THE ASSOCIATED PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Reichmann exits Canary Wharf Group

British media report that Canadian businessman Paul Reichmann has given up his stake in the London Docklands development, marking the end of his 22-year involvement with the site.

According to reports in several British newspapers Songbird Estates has announced that it has increased its shareholding in Canary Wharf Group to 69.3 per cent after acquiring an 8.45 per cent hold-

ing from Commerzbank for 112.5 million British pounds.

Reichmann, 78, was the brains behind the landmark development, a massive complex that covers more than 38 hectares, after brokering a deal with then prime minister Margaret Thatcher in 1987.

The project led his Toronto company, Olympia & York, one of the biggest real estate developers in the world, into bank-

ruptcy in 1992. He fought back, reacquiring Canary Wharf from banks in 1995.

THE CANADIAN PRESS

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Business in brief

GUILTY After spending years steadfastly proclaiming his innocence, accused trust-fund scammer Vincent Laroix shocked a courtroom

yesterday by pleading guilty to 200 fraud-related charges.

REAL ESTATE The amount of empty office space across Canada continued to rise in

the third quarter due to higher unemployment in white-collar industries and excess inventory in some cities, a new report shows.

THE CANADIAN PRESS

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22620 (08/2009)

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Guidelines a must for home caregivers

Money Matters



Q Three months ago, my widowed father hired a caregiver who cooks, cleans, runs errands and is great company. My father is 74 years old and legally blind with physical disabilities. I was looking over his bank statement and noticed several withdrawals that he was unable to explain. The caregiver helps him sign cheques and has access to his bank PIN. What can I do, so this does not happen again?

— Terry

A Good caregivers do become very close to their charges. They take over roles that were previously performed by family members. That said, an employer and em-

ployee can have a cordial relationship, as in any business. But there must be guidelines and controls in place to protect and benefit both parties.

The caregiver should not be given responsibilities beyond what she was hired. It is not fair for her to take on tasks where her character and integrity may be in question.

Power of attorney to access bank accounts should be restricted to the bank holder or a family member. Unauthorized individuals should not use bank cards and PINs. Family members must take a more active role. Great as they may be, "caregivers do not a family make."

To avoid penalties by Canada Revenue Agency, caregivers should be on the payroll and file remittances periodically. T4s should be issued at year-end. Contact CRA or a tax professional for advice.

Henry Choo Chong, CGA, can be reached at choochonghga@yahoo.ca.

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Start a house hunt by first figuring out how much you can afford to spend including mortgage payments, land transfer tax, legal costs, insurance, and condo fees and parking charges.

Can you afford to buy a home?

AlisonOnMoney



fall is often a great time to shop for a home. New home and condo builders are anxious to clear inventory and other sellers don't want to hit the winter real estate doldrums with a home that has been listed for months.

With the recession en-

tering into history (if you believe the oft wrong finance chief Jim Flaherty), you might be thinking now's the time to strike.

Usually, I recommend doing window shopping before making major purchases. Not with home buying. There's way too much emotion compounded by real estate agents who are skilled at instilling a sense of urgency — "I expect an offer soon. The house across the road sold after a bidding war." The minute you start looking, you'll want to start buying.

Instead, start a house hunt with a Can I Afford My Home budget. If you have mortgage pre-approval you know the interest rate and can work out

payments. Don't forget the land transfer tax. Go to realtor.ca and use the mortgage and tax calculators for properties in your price range. Add in legal costs and required insurance if you have a high ratio mortgage.

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spending a certain amount on maintenance, repairs and decorating.

You're thinking, "Hey! It's new I don't need to decorate." Does a new home buyer exist who doesn't want to change a few things? And if it is a resale there's always something that needs attention.

A call to your current agent can get you a rough insurance figure and a search of MLS listings in the area will do the same for taxes.

Estimate utilities — many people forget this if they have been renters. You should also count on

Alison's Money Rule:

- Don't even think of making an offer on a house or condo until you've completed a Can I Afford My Home budget.

spending a certain amount on maintenance, repairs and decorating.

You're thinking, "Hey! It's new I don't need to decorate." Does a new home buyer exist who doesn't want to change a few things? And if it is a resale there's always something that needs attention.

Now you have your monthly figure, ask yourself, can I afford it? If yes, go home shopping. If no, adjust your price point.

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the W Network. Write to her at alison@alisongriffiths.ca.



7

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Favre intends to play

Brett Favre's streak is not in danger: He has a bent fingernail. Favre's throwing hand was hurt during Minnesota's win over Detroit on Sunday. Favre has started 271 straight regular season games, believed to be an NFL record. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

SUSPENDED Renault escaped severe punishment yesterday for ordering former driver Nelson Piquet Jr. to deliberately crash, receiving only a suspended two-year ban from Formula One's governing body. Flavio Briatore, who quit as team principal last week, was banned indefinitely. Engineering director Pat Symonds was banned for five years.

CFL Casey Printers is returning to the B.C. Lions. The former CFL MVP signed a one-year deal with the club yesterday and will be placed on the practice roster. The Lions are thin on quarterbacks with CFL experience. They are last in the West with a 5-6 record.

BASEBALL The Houston Astros fired manager Cecil Cooper yesterday. The Astros are 70-79 and have lost seven straight games. Third-base coach Dave Clark will take over as interim manager for the final 13 games this season.

METRO NEWS SERVICES

Coyotes case drags on

New Balsillie filing based on Melnyk interview

There will be more arguments heard in court before Judge Redfield T. Baum decides who controls the beleaguered Phoenix Coyotes.

Baum has called an emergency hearing for tomorrow to give NHL lawyers an opportunity to present arguments against Jerry Moyes' request that the league be forced to mediate "key sale issues" in the complicated case.

It was expected that the next development in the Coyotes saga would come in the form of a written ruling from Baum. He oversaw an auction for the team on Sept. 11 and has been pondering his decision since then.

Moyes, who placed the

team in Chapter 11 bankruptcy back in May, asked for the emergency hearing in court filings last week after the NHL rejected his request for mediation. The judge granted the hearing yesterday.

Baum has said in court that he would like to see the sides come together, but doubted that it was possible after everything he had heard and read.

Meanwhile, the court filings have continued.

The Balsillie camp filed a submission yesterday suggesting NHL teams hold veto rights over their territory — something the league has denied in court — citing a recent interview with Ottawa Senators owner Eugene Melnyk on Toronto ra-

dio station The Fan 590.

The veto issue was raised in the Coyotes case because Balsillie's bid for the team is contingent on a move to Hamilton, which falls within the Maple Leafs territory.

During Melnyk's Sept. 17 radio interview, he noted that he's not allowed to schedule an exhibition game for the Senators at his OHL team's arena in Mississauga, Ont., because it falls in Toronto's territory.

THE CANADIAN PRESS

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11

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12 sports

Rafael Nadal has pulled out of the Thailand Open due to an abdominal injury. The tournament runs from Sept. 26-Oct. 4. **THE ASSOCIATED PRESS**

Canadian GP returns to Formula One calendar

Auto racing's governing body has ratified its calendar for the 2010 season and reinstated the Canadian Grand Prix, provided contract negotiations with Formula One management and Montreal organizers are completed.

The Canadian Grand Prix had been held at the Montreal track annually since 1978 before being dropped this season.

There will be 19 races in

2010. The world championship will start on March 14 with the Bahrain GP, which replaced the Australian Grand Prix as the season's opener, FIA said in a statement.

If FIA and the Canadian organizers fail to reach a deal, the Turkish Grand Prix, which is scheduled for May 30, will be moved to June 6.

The Canadian Grand Prix

is scheduled for June 13. Montreal was dropped from the 2009 F1 calendar after negotiations with race organizers collapsed. F1 wanted \$175 million US to keep the Montreal race on the 2009 schedule, but organizers and the government balked.

Another addition to the calendar, South Korea will host its first Grand Prix on Oct. 17.

THE ASSOCIATED PRESS

NHL Sens in Saskatchewan



Senators goalie Brian Elliott makes a save against the Tampa Bay Lightning last night at the Brandt Centre in Regina, Sask. For a complete game recap, visit metronews.ca/sports

Sports in brief

NFL Coach Mike Singletary has all but acknowledged the 49ers have filed tampering charges against the New York Jets regarding top San Francisco draft pick Michael Crabtree. The 22-year-old Crabtree, selected No. 10 overall by the Niners in April's draft, is the last draft pick not signed. The wide receiver is seeking money comparable to higher picks and hasn't accepted the 49ers' offer for approximately five years and \$20 million US, with a reported \$16 million guaranteed. The Jets declined comment.

BASEBALL Cuban pitcher Aroldis Chapman, who defected in July, has established provisional residency in Andorra. In a statement released yesterday, Chapman's agent said the pitcher "has been granted provisional passive residency" in the country pending completion of the process. He has sent his residency materials to Major League Baseball so he can be declared a free agent, the statement said.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Honey, they shrank my stomach!

Writer saw natural shift in eating habits after gastric bypass

CELIA MILNE
For Metro Canada



Gastric bypass surgery changed Steve Veale's life.

Last spring he was a morbidly obese guy with a limp and terrible eating habits. Now he's a regular-weight man who rides his bike a lot and craves fruit salad.

Veale has lost 63 pounds in four months. Because surgeons sealed off part of his stomach, he can only eat a tiny portion of the rich foods he used to consume. But what amazes him — and still puzzles scientists — is that he doesn't want to.

"Your tastes change," he told Metro. "It's weird. You

can eat whatever you want, but what you like has changed overnight. Gimme watermelon!"

Veale's surgery, which was done last May, is called Roux-en-Y gastric bypass. It involves stapling off most of the stomach and leaving a small pouch, about the size of a golf ball. The new pouch is attached to the small intestine, where food is processed. Vitamins and minerals are not as well absorbed into the body after this, so people who have

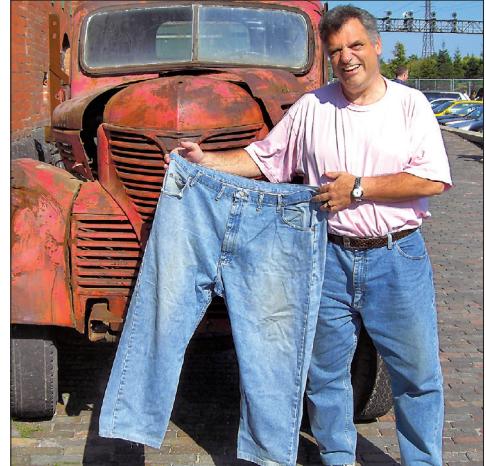
the surgery must be willing to drink protein shakes, swallow supplements and eat very healthy food.

"It is very effective. Almost everyone loses weight," says Dr. Mehran Anvari, director of the bariatric surgical program at St. Joseph's and professor of surgery at McMaster University in Hamilton, Ont. About 70 per cent of people maintain more than half of their weight loss over five years, he says.

How much food and what types of food the new

pouch can handle is a matter of "trial and error," says Veale. Chinese food, for instance, comes right back up again. When he goes out for dinner with friends, he generally orders soup or an appetizer only, and even then he takes half of it home with him. "I feel great on the little I eat," he says. "I'm not thinking of food at all."

Veale, who is a 59-year-old travel writer, was a candidate for the surgery because at five-foot-10 and weighing 294 pounds, his BMI was 42.4. Plus he had a bum knee. To get OHIP funding, you must have a BMI over 40 or be obese with kidney, heart, or joint disease or diabetes.



Steve Veale, a 59-year-old travel writer from Toronto, lost 63 pounds following Roux-en-Y gastric bypass surgery last May. He says his taste buds now have him craving healthier foods.

To follow
Steve Veale's
blog, go to
[metronews.ca/
blogs](http://metronews.ca/blogs)

Separate beds sound sleep

The J Spot



Josey Vogels

metronews.ca/thejspot

Beyoncé and hubby Jay-Z made it trendy when it was rumoured that they sleep separately, even going so far as to rent separate hotel rooms when they travel together.

But now, it's scientific fact. Sleeping together may actually be bad for your health.

Sleep specialist Dr. Neil Stanley, head of one of Britain's leading sleep labs, recently told the British Science Festival that while couples believed they slept better with their partner, evidence has proved that couples suffer 50 per cent more sleep disturbances if they share a bed.

The resulting lousy night's sleep can be linked to everything from depression to heart disease, strokes, traffic and industrial accidents and even divorce.

Of course, this news goes against conventional wisdom. As a culture, we believe that separately is a sign of trouble in paradise.

that leads to marital doom.

But Stanley, who sleeps separately from his wife, says that historically, couples sharing a bed wasn't even common until the industrial revolution, when people moved to overcrowded towns and cities and living space was limited.

In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping.

I've long believed that sleeping apart — even having separate bedrooms —

can actually be good for a relationship. Not only do you get a decent night's sleep, but you get your own space when you need it, and you can relish in the excitement of sneaking into each other's room just like when you were just dating and your parents made you sleep in separate bedrooms when you stayed with them.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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DEALING WITH CROWDED TEETH

Smiling is one of the most effective ways to convey our emotion and our pleasure. It is one of the things we love to see in a dental office, whether it is from a happy patient of a happy staff member.

Unfortunately, some people feel a great reluctance to flash a beautiful smile for the simple reason that they have crowded teeth. In fact, crowded teeth, often referred to by dentists as "malocclusion of the teeth" is one of the most common problems we face.

A number of factors can be responsible for crowding. Unfortunately, genetics is one of the greatest factors. Many people simply inherit problems like a small jaw or an irregularly shaped mouth from their parents and, in turn, pass them onto their own children. These problems can result in teeth that become crowded or crooked.

Accidents that result in tooth loss is another common cause. It may seem counter-intuitive to think that one's teeth could become crowded due to the loss of a neighbouring tooth. However, what often happens is the remaining teeth slide into the empty space and can become crowded.

One other factor that parents with young children should be mindful of



Dr. Bao Nguyen
Dental Surgeon

is thumb sucking. The manner and direction in which the thumb rests in a baby's mouth can change the shape of the jaw and result in teeth sliding too close together. If you have a baby who loves to suck his/her thumb, you should discuss this with your dentist.

Crowded teeth are a big concern from a cosmetic standpoint. People may be reluctant to smile for fear of bringing attention to their appearance. This can have a tremendous impact upon their self-confidence.

In addition, crowded teeth may be more difficult to clean. Imagine how hard it can be to maneuver a toothbrush or floss through such tight corners and spaces! If cleaning

becomes a problem, tooth decay and gum disease are usually not far behind!

People with crowded teeth may also find it changes the natural motion of their jaw, causing inordinate wear and tear on some of the teeth or the jaw bone itself. This can result in pain while eating some foods, and headaches from the pressure of the movement.

The bottom line is crowded teeth need to be treated. Braces work for most people, and you would be surprised how many adults are going for this option. It may not be fun to have to deal with braces, but the results in the long run will make it worthwhile.

In some cases, surgery can be necessary. These situations are not very common, but patients should be aware of that potential.

The good news is that crowding is a very treatable condition. It is easiest to treat in young patients, but regardless of age, talk to your dentist about the options if crowding is a concern for you. Because maintaining a proper space between your teeth is a healthy habit...and healthier habits lead to healthier lives.

Dr. Bao Nguyen - Dental Surgeon

Food

The endearing movie Julie & Julia has sparked interest in the amazing culinary prowess of Julia Child, the doyenne of French classical cooking, since its release this summer.

THE CANADIAN PRESS



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Breakfast for success

We all know that breakfast is the most important meal of the day. Unfortunately, more than half of us skip it due to a variety of reasons.

All of us, and especially children of school age, need to eat healthy, balanced diets to give them the energy and brain power to get through their days. However that doesn't often happen.

Having raised four children, I know that nutritious meals are key to healthy and energetic children, so this year I have become the new spokesperson for the national "Breakfast for Learning" foundation, an organization that focuses on educating children on nutrition in our schools.

Here are some breakfast recipes to get you started:

Rose's Whole Wheat Nut 'n' Fruit Granola

You'll never want to eat packaged granola again af-



Rose's Whole Wheat Nut 'n' Fruit Granola

BRIAN MADDON/DO

- sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup apple juice
- 3 tbsp maple syrup
- 1/2 cup chopped nuts of your choice
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried cranberries

METHOD:

Preheat the oven to 300°F. Line a baking sheet with foil and spray with vegetable oil.

Combine the oats, flour, brown sugar, cinnamon, ginger, oil, apple juice, maple syrup and nuts in a large mixing bowl and stir to combine.

Spread the mixture out on the prepared baking sheet and bake for 35 minutes, tossing once to prevent burning.

Remove the granola from the oven and let it cool to room temperature. Add the dried fruit and

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

MAKES 4 CUPS

INGREDIENTS:

- 2 cups large rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup packed brown

stir. Store in an airtight container.

Frittata with Baby Spinach, Caramelized Onions and Aged Cheddar

A frittata is an open-faced omelette with a variety of toppings. This version mixes some sweet flavours from the caramelized onions with a savoury taste from the spinach and aged cheddar.

PREP TIME: 10 MINUTES

COOK TIME: 9 MINUTES

SERVES 2

INGREDIENTS:

- 1 tsp vegetable oil
- 1/2 cup diced onions
- 1/2 tsp crushed fresh garlic
- 1/2 tsp brown sugar
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- salt and pepper
- 1/2 cup baby spinach
- 1/3 cup shredded aged cheddar cheese



Frittata with Baby Spinach, Caramelized Onions and Aged Cheddar

METHOD:

Spray a small nonstick skillet with vegetable oil. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned. Add the brown sugar and sauté on low heat for 3 minutes. Remove from the heat and set aside.

Whisk together the egg substitute, egg whites and milk, and season with salt and pepper. Add the onion mixture.

Spray a 9-inch skillet with vegetable oil, add the egg mixture and cook over medium-low heat for 4 minutes, or until nearly set. Add the spinach and

RYAN SOUC

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

m.metronews.ca



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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Trendy tippling

Even though I know the booze business is a trend-driven machine, I'm still surprised at how many "next big thing" wine brands just come and go.

You'd think that after taking the world by storm a few more (Australia's [yellow tail] excluded) would establish themselves

in the hearts and mouths of consumers.

That's what makes the arrival of Familia Zuccardi's Fuzion wines so exciting. Already a hit from Central Canada westward; the pair of Argentine cheapies arrive in the Maritimes this week, completing the race for national domination in less than a year. (A very good sign that they're go-

ing to be around for awhile).

While I wouldn't write an essay about either; their soft, chug-a-lugable balance of fruit charmed the taste buds off me when I tried them with the winery's head honcho José Alberto Zuccardi in the spring.



José told me that his aim is to keep the surprisingly dark berry fruit flavour of the 2008 Fuzion Shiraz Malbec (\$7.45 - \$9.99) and the plush, citrusy complexity of the 2008 Fuzion Chenin Torrontes (\$7.45 - \$9.99) consistent vintage to vintage (another great

longevity strategy) which makes both wines worthy of being added to your roster of every day drinkers.

Prices reflect the range nationwide. Products may not be available everywhere.

Peter Rockwell is the everyday's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Gibbard, Deschanel married

Five hundred days of summer — plus one day of marriage. Zooey Deschanel, 29, and Death Cab for Cutie singer Ben Gibbard, 33, tied the knot Saturday night near Seattle, her rep tells People. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Dancing with Fame

Remake appeals to younger audience, says Kherington Payne

CHRIS ALEXANDER
for Metro Canada

Back in 1980, when maverick U.K. filmmaker Alan Parker released his immensely popular, generation defining musical drama *Fame*, times were considerably different.

The movie examined the lives of a select group of young aspiring performers at New York City's High School for the Performing Arts, giving people an intimate — often off colour — but always honest portrait of the dreams and passions of youth.

Next week sees the release of the glossy, state of the art remake of *Fame*, a

film that is being billed as a "re-imagining" of the source. And while this *Fame* still touches on the same themes and high energy performances, the novelty may have worn off a bit, especially in this age of reality TV equivalents. American Idol and more resonantly, *So You Think You Can Dance*, a program that co-star Kherington Payne is more than a little bit familiar with.

"I think we had to take a different approach than the original did," Payne, who herself was a Top 10

Fame opens in theatres this Friday

finalist and fan favourite on *So You Think You Can Dance* last year, says.

"The world of the performing arts isn't as secret as it was when the first film was released. Things have changed so our

Fame is a fresh perspective." One of the major differences between the two versions is the target audience. The original picture was rated R due to the level of frank language and sexuality, the new version opts for a lighter approach.

"This is a PG all the way," says Payne. "The movie is designed

for families, to inspire kids of all ages and just be entertaining without offending anyone."

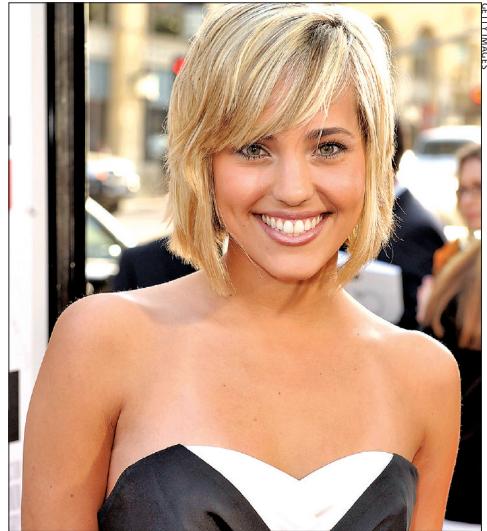
In *Fame*, Payne was chosen from a staggering array of hopefuls to play the beautiful, leggy dancer Alice. But her presence, good looks and most importantly, her impossibly accomplished skills as a dancer shone through. When she was voted off *So You Think You Can Dance*, it was a shock, both for audiences who believed she'd go all the way and for Payne herself. But, despite her public heartbreak, she rebounded spectacularly and regrets nothing.

"Rejection hurts, I won't lie," says the newly minted actress.

"But you can't let it get

The Lioness

Amy Winehouse has created her own record label to launch her goddaughter's career. Dionne Bromfield, 13, is set to release her first album next month on Amy's *Lioness Records*. FEMALEFIRST.CO.UK



Kherington Payne stars in the remake of *Fame*, opening Friday.

you down. Really, it thickened my skin and without it, I wouldn't be where I am now."

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Singer James Blunt is no fan of pirates. Not the swash-buckling brand — the piracy on Blunt's bad side involves illegal downloads. The singer has backed Lily Allen's push to create legislation that will eradicate the practice. METRO NEWS SERVICES

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F--ked Up take Polaris Prize

Toronto hardcore act wins \$20,000

BRYAN BORZYKOWSKI
for Metro Canada



The Polaris Music Prize might not be the most well-known music award in Canada, but for Toronto hardcore band F--ked Up, it's the only one that matters.

The six-piece, which released The Chemistry of Common Life last October, won the fourth annual prize at a gala event last night. Besides the album being crowned the best disc of 2008-09, the group takes home a \$20,000 cheque.

While the money helps, it's the international acclaim that comes with the award that's the real prize. Unlike the Junos, the nominees for the annual prize are mostly under-the-radar acts — nominees such as Hey Rosetta!, Malajube and Chad VanGaalen aren't selling thousands of records — so increased attention is a major career boost for these musicians.

Last night, the award was handed out for the fourth time at a glitzy gala hosted by CBC Radio 3's Grant Lawrence and MuchMusic's Sarah Taylor. And while there was only one winner, it was still a successful night for all of the 10 nominated acts.

That's because the gala,

which was broadcast live on Sirius Satellite Radio and MuchMusic.com, included performances from the 10 artists.

Each act ran through two songs, and while they were all engaging, standouts included an acoustic version of Metric's Help,

Toronto hardcore act F--ked Up won the Polaris Prize, awarded last night.

I'm Alive off Fantasies, Great Lake Swimmers' sweet folk tune Still, and Joel Plaskett's haunting rendition of Heartless, Heartless, Heartless.

Besides the aforementioned acts, other nominees included Toronto folk group Elliott Brood, Somali-born rapper K'Naan and 2007 Polaris winner Patrick Watson.

This is actually the first time in the prize's history that past nominees — like K'Naan, Malajube and Metric — have been up for the award again.

Joel Spitzer, one of the 182 Canadian journalists who cast a vote in July to determine the long and short lists (11 of the jury members picked the winner), says having repeat artists is both a plus and a negative for the award.

"It says that jurors across the country need to be digging a little deeper and getting outside of their comfort zone as far as the music they listen to goes," she said.

"But at the same time I think both the Metric and Patrick Watson records are

Polaris winners

- 2006 — Final Fantasy, He Poos Clouds
- 2007 — Patrick Watson, Close to Paradise
- 2008 — Caribou, Andorra
- 2009 — F--ked Up, The Chemistry Of Common Life

significantly better than previously nominated albums."

As always, the competition was fierce. Joel Plaskett's album might be the most ambitious record — he wrote 27 songs, mostly about life on the road and coming home — but Metric's solid new wave effort, their best since 2003's Old World Underground, and K'Naan's cross-genre hip-hop release are packed with stellar songs from front to back.

No one would argue that every artist deserves the cheque, but F--ked Up's pop-meets-hardcore disc was one of the most refreshing and original albums of the year — so it's no surprise they took the prize.

BIG COMEDY BIG LAUGHS

EVERYBODY HATES CHRIS

8 SIMPLE RULES

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Trusting his intuition

After 10 months of dating, actor John Krasinski knew it was time to propose to his now-fiancée Emily Blunt. "So many people say, 'You know when you know,' and it's true," he said, adding, "it was a tough gig, but somebody had to do it." METRO NEWS SERVICES

Celebrity Buzz

MJ's 'son' Omer to play him in biopic

A LITTLE TOO LITERAL

Michael Jackson's "son" is to play him in a new film.

Omer Bhatti — whom the late King of Pop allegedly told friends he had fathered — will play Jackson in a movie charting his rise to superstardom in the '80s, femalefirst.co.uk reports.

A source told Britain's The Sun: "Michael's story from childhood

to the height of success is nothing short of astounding.

"The family feel fans would love to see a dramatic retelling. They want to cover his childhood and family life but really focus on when his career went into overdrive."

Although the Norwegian



Bhatti — who has worked as a Michael Jackson impersonator — denies Jackson is his biological father. He has revealed the singer used to tell him he was "like a son" to him.

He was also welcomed by the Jackson family and sat in the front row at Jackson's Los Angeles memorial service in July.

Since his death in June, Bhatti has reportedly stayed at the Jackson family home in California.

Bhatti, 25, first met Jackson in 1996.

It has also been reported that the Ferris wheel that used to entertain visitors

at Jackson's Neverland Ranch has been enjoying a second life after an amusement company picked it up at an auction that liquidated items from the estate last year, according to the Associated Press.

"We ourselves really didn't advertise it," said Theresa Noerper of Archway Amusements. "When he died, it kind of blew up. There's no keeping secrets then."

Jackson fans have reportedly been showing up as the wheel tours the south, paying respects and taking pictures.

METRO NEWS SERVICES

Fat and K-Fed knows it

SELF-ASSURED

Talk about Kevin Federline's ghastly weight gain all you want.

"He doesn't care," his ex Shar Jackson told usmagazine.com Sunday. "The beautiful thing about him is that he could care less."

She said the 31-year-old dancer-turned-rapper is doing "good."

As his ex Britney Spears continues her Circus tour, he's been on the road looking after their sons Sean Preston, 4, and Jayden James, 3.

Jackson said that he still manages to phone the two children he has with her:



Kori, 7, and Kaleb, 5.

"He calls them all the time," she told Us. "They have good long phone conversations. I'm like, 'Ok, that's good. Hang up the phone 'cause we have stuff to do."

Jackson said she is also proud of Spears — whom she once loathed. (Spears famously began dating Federline while Jackson was pregnant with her second child with Federline.)

"She seems like she's doing well," Jackson told Us of Spears, who was hospitalized twice in 2008. "Good for her."

METRO NEWS SERVICES

Celebrity tweets

Pink doesn't appreciate being shushed, Jim Fallon has no time for dressing rooms, and Courtney Love is worried about America.

• @Pink I'm at an outdoor movie and some just "shushed me". I stated "rent the dvd" I'm not gonna lie, I'm gonna talk a little, I'm outside" heehee

• @jimmyfallon Just changed from a tux into street clothes in the back of a car in a Burger King parking lot. Off to the airport. New show tomorrow.

• @courtneylover79 we cant let our people starve and get so fat they are committing carbicide, and have no health, it made me really sad or teh economy, and more

METRO WORLD NEWS

Madonna's candy store ambitions

ALWAYS WANT WHAT YOU CAN'T HAVE

Madonna dreamed of working in a candy store, femalefirst.co.uk reports.

The singer — who now follows a strict diet and exercise regime — was so "obsessed" with sweet treats as a teenager she wanted to sell them.

The 51-year-old revealed: "My dream was always to work in a candy store. It was because of my obse-

sion with candy. I'm not obsessed anymore, now that my teeth are all rotten!"

"I did go to a university for a year and there was a candy shop that I used to go to all the time, an old-fashioned one where all the candy was in these

big glass jars. "I used to go in there and look at all the candy and think, 'God, it would be really cool to work in here; I could have candy whenever I wanted."

METRO NEWS SERVICES



Drunken Hoff taken to hospital?

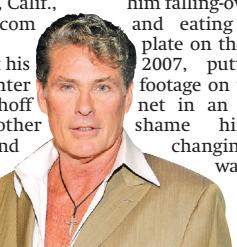
FAMILIAR STORY? Baywatch star David Hasselhoff was admitted to hospital Sunday after drinking heavily at his Encino, Calif., home, popeater.com reports.

TMZ reports that his 17-year-old daughter Hayley Hasselhoff called her mother Pamela for help, and one of her friends is thought to have called an ambulance to

retrieve Hasselhoff. He was allegedly released that night.

Hayley famously filmed him falling-over drunk and eating from a plate on the floor in 2007, putting the footage on the Internet in an effort to shame him into changing his ways.

METRO NEWS SERVICES



Amy risks a drug relapse?

SNAGGLE-TOOTHED NO MORE

Amy Winehouse finally got around to getting her teeth fixed, but now pals are worried the painkillers she's been given to cope post-surgery might spark a relapse, according to the Sun.

"Amy's teeth were in a pretty gross state," a source said. "They were brown and stained

and needed major work on them and she was determined to get them back to their sparkling best.

"It's all major work and it's left her in almost constant pain, but she thinks the sacrifice is worth it. She's been given some very strong drugs to cope with the pain," the source added.

METRO WORLD NEWS



Kourtney's Emmy wardrobe issue

MAT WEAR Kourtney Kardashian admits her baby bump was an issue at Sunday's Emmys, usmagazine.com reports. "It's hard to get dressed when you're seven months pregnant almost!" she told Ryan Seacrest, while wearing a floor-length black gown. "I still try to be fashionable."

METRO NEWS SERVICES



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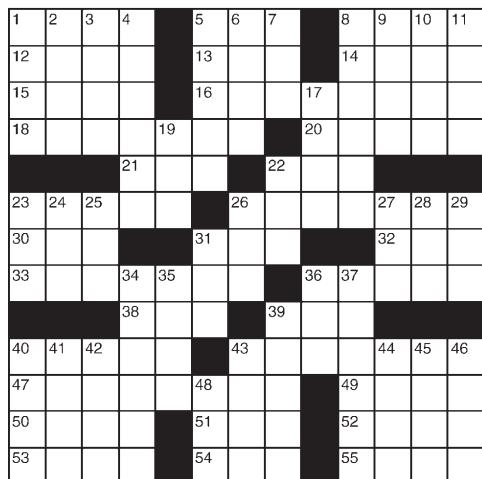
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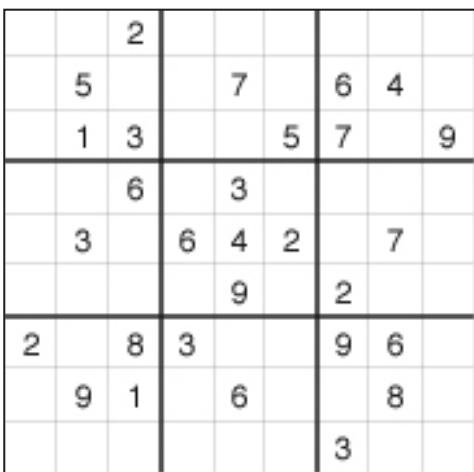
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 In the thick of 49 Sad
5 Letterman's 50 Lo-cal
network 51 That guy's
8 Mafia boss 52 Get a glimpse
12 Unadorned 53 Formerly, for-
13 Exist 54 Fool
14 Sahara-like 55 Colonial
15 Physical seamstress
16 News-item in-
fo
18 Air out, as 24 Skip to My
laundry —
20 Accumulate 25 Massachusetts
21 Sailor's assent cape
22 Put to work 26 Speck
23 Wood-shaving 27 E.T.'s
tool transport?
26 Tests 28 Ph. bk. data
30 A billion 29 Witness
years 31 Baltimore
31 Scale member newspaper
32 Adversary 34 Hole in the
33 Exhausts wall?
38 Possess 35 As yet unpaid
39 Wildebeest 36 Pismire
40 Quickly 37 Goodyear
43 Region of product
Australia 39 Surmise
47 Make retroac- 40 Competent
tive 41 Poker holding
22 Link letters 42 Book after the
23 Apiece 43 Gospels
48 "Eureka!"
43 Elevator
name
44 As well
45 Drink holders
46 Harpsichord
lineup
48 "Eureka!"

DOWN

1 Cain's victim 1 Cain's victim
2 Long skirt 2 Long skirt
3 Ahmadinejad's 3 Ahmadinejad's
land land
4 Abase 4 Abase
5 Core group 5 Core group
6 Talk like 54-
Across 6 Talk like 54-
7 Harden 7 Harden
8 Less nervous 8 Less nervous
9 Met melody 9 Met melody
10 Cushion 10 Cushion
inserts inserts
11 Honorific 11 Honorific
verses verses
17 Relaxed 17 Relaxed
19 Prepare East- 19 Prepare East-
er eggs er eggs
22 Link letters 22 Link letters
23 Apiece 23 Apiece

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	O	D	E	R	F	D	A	A	M
A	K	I	N	E	A	R	S	A	L
L	A	M	B	E	X	A	C	T	I
E	Y	E	L	I	D	T	O	R	O
O	O	P	S	Y	O	U			
E	J	E	C	T	H	I	G	H	
M	O	I	A	P	L	U	S	R	E
S	Y	N	C	E	V	I	T	O	N
S	A	T	R	A	P	M	T	R	A
E	L	E	C	T	O	N	U	S	E
G	A	I	L	T	I	C	R	I	E
A	R	N	E	A	L	E	S	N	A

5	7	1	8	2	6	4	3	9
9	6	2	4	1	3	8	5	7
3	8	4	5	9	7	2	6	1
7	3	6	1	4	8	5	9	2
4	2	5	7	3	9	1	8	6
1	9	8	2	6	5	3	7	4
2	5	9	3	7	4	6	1	8
8	4	7	6	5	1	9	2	3
6	1	3	9	8	2	7	4	5

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ARIES

MARCH 21-APRIL 20



The answers you seek are not hard to find but you'll need help from those who have asked the same sort of questions before you.

LIBRA

SEPT 23-OCT 23



Others may be having second thoughts about what you are doing but you have no doubts. Your momentum will keep you moving.

TAURUS

APRIL 21-MAY 21



You won't lack for self-belief today but as mind planet Mercury is still moving retrograde you are advised to check facts and figures.

SCORPIO

OCT 24-NOV 22



You are prepared to risk anything to prove you are the best at what you do. Before the day is over almost everyone will be singing your praises.

GEMINI

MAY 22-JUNE 21



Family issues that have been causing you problems can quite easily be resolved, but you must stop putting them off.

SAGITTARIUS

NOV 23-DEC 21



You will get your way today but you will probably upset one or two people in the process. But that won't worry you in the slightest.

CANCER

JUNE 22-JULY 22



Mars in your birth sign does wonders for your confidence and you won't hesitate to speak up today if you feel you have something to say.

CAPRICORN

DEC 22-JAN 20



You won't lack for things to say over the next 24 hours, but make sure that any criticisms you have are justified and that your reasons for airing them are positive.

LEO

JULY 23-AUG 23



You will have to bluff your way through a situation you would usually cope with quite easily. Fortunately others expect you to be assured and outspoken.

AQUARIUS

JAN 21-FEB 18



With Mercury still moving retrograde, what others tell you they are going to do and what they actually do may be two different things today.

VIRGO

AUG 24-SEPT 22



Mercury back in your birth sign means you are not afraid to speak your mind, and it could lead to some interesting scenes.

PISCES

FEB 19-MARCH 20



You don't lack for ideas but you may lack the confidence to express them, and that's a shame because some of your ideas are quite brilliant.

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WORDY GURDY®

1. Whack Grand Coulee, for one (1)
2. Actor Black's Apple computers (1)
3. "Wizard of Oz" dog snapshot (2)
4. Georgia fruit on a sandy shore (1)
5. Scottish girls' reading spectacles (2)
6. Singer Parton's tennis shots (2)
7. Less tall one who frustrates plans (2)

BY TRUCKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.
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This day in history

SEPT. 22, 1862: Slavery in the United States: a preliminary version of the Emancipation Proclamation is released.

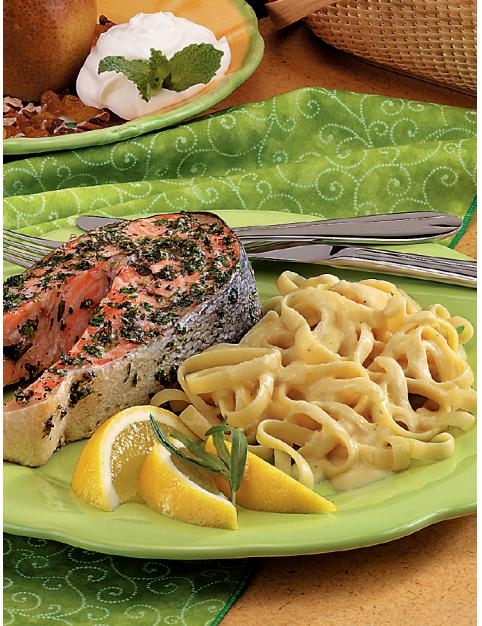
SEPT. 22, 1888: The first issue of National Geographic Magazine is published.

SEPT. 22, 1896: Queen Victoria surpasses her grandfather King George III as the longest reigning monarch in British history.

SEPT. 22, 1991: The Dead Sea Scrolls are made available to the public for the first time by the Huntington Library.

SEPT. 22, 2003: David Hempleman-Adams becomes the first person to cross the Atlantic Ocean in an open-air, wicker-basket hot air balloon.

Metro Recipe of the Day



butter over medium-low heat. Stir in cream, 1/4 cup (50 ml) Parmesan cheese, Romano cheese, egg yolk, salt, pepper and nutmeg.

2. Cook and stir over medium-low heat until thermometer reads 160°F (71°C — do not boil). Drain fettuccine; top with Alfredo sauce and remaining Parmesan cheese.

SERVES 2

rd.ca

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All-Inclusive • Standard rm.
Jan. 3 & 10 • 1 wk.

\$969

Taxes & other fees
(including service charges): \$212

Departure tax: 25 CUC cash, paid locally

Barcelo Cayo Santa Maria • 4★

All-Inclusive • Junior suite
Dec. 27 • 1 wk.

\$1539

Taxes & other fees
(including service charges): \$212

Departure tax: 25 CUC cash, paid locally

Turks & Caicos

Comfort Suites • 2 1/2★

Continental Breakfast
Junior suite Run of the house
Jan. 4, 11, 18 & 25 • 1 wk.

\$989

Taxes & other fees
(including service charges): \$220

Turks & Caicos

Beaches Turks & Caicos Resort Villages & Spa

Luxury Included® Vacation for Everyone
Turquoise deluxe rm.

\$2299

Taxes & other fees
(including service charges): \$220

Cancun / Riviera Maya

via Toronto

Occidental

Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Nov. 1 • 1 wk.

\$1029

Taxes & other fees
(including service charges): \$262

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm.

\$1299

Taxes & other fees
(including service charges): \$262

London

Hotel Ibis London

Earls Court • 3★

Breakfast • Standard rm. special
Nov. 5, 6, 11, 12, & 19

4 nts.

\$599

Taxes & other fees
(including service charges): \$398

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